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GREEN VEGETABLES IN WARTIME MEALS

U.S.  
Broadcast by Ruth Van Deman, Bureau of Human Nutrition and Home Economics, and Wallace Kaddlerly, Radio Service in the Department of Agriculture's portion of the National Farm and Home Hour, Monday, August 30, 1943, over stations associated with the Blue Network.

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KADDERLY: Now, here's Ruth Van Deman with news for homemakers... Ruth, what's that you have, another new home economics folder?

VAN DEMAN: Yes, the one on "Green Vegetables in Wartime Meals." I'll make you a present of this copy, Wallace. I think I know it by heart from asparagus to zucchini.

KADDERLY: Zucchini? That's a squash, isn't it. An Italian squash.

VAN DEMAN: Yes -- very tender, very tasty when panned... Unfold the folder, and you'll see panned vegetables, one of the best quick vitamin-saving ways of cooking.

KADDERLY: An easy, top-of-stove way, too, this says. Thrifty of food values because the vegetable is cooked and served in its own juices. And with just enough fat to season...

Ruth, what's the latest word about the cover on the kettle when you cook green vegetables? I've heard some people argue for the cover on the kettle, some for the cover off.

VAN DEMAN: Cover on. This new folder says: Cook green vegetables under a cover. The cover holds in steam and speeds up the cooking. And speedy cooking helps to hold vitamins.

KADDERLY: And do you have the water boiling when you put the vegetable on to cook?

VAN DEMAN: By all means. That also speeds up the cooking. The food experts have found that you can lose a lot of the food value in green vegetables by just letting them stand around and wilt before they're cooked. Or by letting them soak in water as you wash or cook them. Or by cooking them in too much water. Food values leach out into the water and are lost. Especially the B vitamins and iron, calcium, and other minerals.

KADDERLY: Vitamin C has a way of disappearing into thin air, hasn't it, if vegetables are held too long?

VAN DEMAN: Yes, it's the most temperamental of all, especially after the skin of a vegetable is broken so the air can get to the inner tissues. And a combination of air and heat is hardest of all on vitamin C.

KADDERLY: Isn't that why you recommend we eat some green vegetables raw as well as some cooked?

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VAN DEMAN: One reason, yes. But food value aside I think most of us have a natural craving for some raw food. A crisp green salad tossed together just before serving has a big appeal. We probably hold the world's record as a salad eating nation.

KADDERLY: Not a bad habit to have in wartime. We need to get more of our vitamins and minerals straight from plants.

VAN DEMAN: Getting back to cooking vegetables as told in the new folder "Green Vegetables in Wartime Meals," Let's run through those points about good boiled vegetables.

KADDERLY: Plain boiled?

VAN DEMAN: Plain boiled for the start. Then you can sauce, season, scallop, cream,...fix them up any way you like. But first drop the green vegetable into briskly boiling, lightly salted water. Only as much water as is necessary to keep them from sticking to the pan. With greens, generally what clings to the leaves is enough.

Then cook with the lid on the kettle. And cook only until the vegetable is tender. Every minute you keep a vegetable cooking after it's tender makes it lose food value, bright color, and that good, fresh-from-the garden flavor.

If there's more juice than you're going to eat with the vegetable, save it to use in making soup, or sauce, or a vegetable cocktail.

And be adventurous. Step out now and then and try a new seasoning. Mix some fresh green herbs or chopped onion with the fat, before you pour it on the hot vegetable in the serving dish. It's wonderful what a dash of onion will do in seasoning spinach or summer squash. And a pinch of curry powder in the sauce for green beans makes them seem like a rare, new vegetable.

KADDERLY: Well, as usual, Ruth, you make food sound so good, I'm getting hungrier by the minute.

VAN DEMAN: Too bad. Think you can hold that hunger long enough to tell our Farm and Home friends how to get this new green folder about green vegetables in wartime meals?

KADDERLY: I think so...Well, Farm and Home friends, as Ruth Van Deman has just told you, this is a new folder full of practical suggestions and recipes for cooking green vegetables. To get this folder send your post card to Home Economics, U. S. Department of Agriculture, Washington 25, D. C. Ask for "Green Vegetables in Wartime Meals."

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